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| **Dolma – Stuffed vegetables**  Serves 24 - 30 tastes  Source: Complete Food Safari – Maeve O’Meara | |
| **Ingredients**  3 large red capsicums, halved  lengthways, seeds scooped out  Filling  60ml olive oil  1 small onion, chopped  ¼ cup pinenuts  170g medium grain rice, rinsed  1 large tomato, diced  1 small eggplant, diced  ¼ cup currants  1/8 teaspoon chilli powder  ¼ cup chopped mint and parsley | **Equipment**  Knives  Chopping boards  Electric kettle  Large fry pan |
| **What to do:**   * Heat 40ml of the olive oil in a fry pan, add the onion and saute until it softens, add the pinenuts, cook one minute, stirring. * Add the rice and stir for a few minutes until the rice is coated with the oil and sizzling * Add the diced tomato, diced eggplant, currants and chilli powder cook for 5 minutes, season with salt and pepper * Add enough boiling water (from kettle) to just cover the rice * Stir in the herbs * Reduce to a simmer, cover and simmer for 10 minutes * Meanwhile, split the capsicums lengthways and scoop out the seeds * Once the rice is cooked (it should be a little el dente), fill the capsicums with the rice filling * Place the capsicums in a large fry pan (snuggle them in together, keeping them upright) * Carefully pour boiling water (from the kettle) into the pan – about 2 cm deep -around the capsicums * Bring to a simmer and cook covered for 15 – 20 minutes * Serve | |